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Meta

New look- startin' over...

October 1, 2009 at 8:15 pm ([Uncategorized](#))

I guess I have to start somewhere... again! Still trying to decide if I want to completely lose this site & start fresh or if I wanna try to update & continue where I left off here. On one side, I like that there is a lot of history here- and let's be honest, a lot of the work I already did just needs to get updated- not redone... so that's tempting, BUT on the other hand, part of me wants a completely new, fresh start. New name, new look, new all of it. Maybe that would motivate me more? Or maybe with the new job and everything else I've got going on it would just be better to update and keep going... Oh well, we'll see. I'm gonna sleep on it and try to decide before Sunday.

I haven't been counting points at all this week, just trying to make some better food choices than what the norm has been recently- and workin' hard on our new elliptical (that I HATE! Great machine, but it kicks my a\$\$!) Anyway, I weighed in on Sunday, and am already down about 3 1/2 pounds, but will officially begin back on points- and blogging starting Sunday. So.... until then, I'll just be doing either some bloggie building or editing. I guess the random 2 of you who drop in every couple of days will just have to wait & see which. Hopefully I'll get some of my readers (and old WW friends) back soon! 😊

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NEW PLAN....

July 14, 2007 at 10:34 am ([Uncategorized](#))

Alright... I think I've decided (after only a week..) that keeping up with two sites just takes up too much time. So, what I'm going to do is post exclusively on [my page over at Roni's](#). I will keep this site up and just use it as **my** back up (just in case...) So, I'll export from Roni's & import here regularly, but won't need to worry too much about cleaning up double postings and such. So if it starts to look messy over here, that's why! Please change your bookmarks & blogrolls (if I'm on there...) to point to my original home at Roni's- I hope to see you comments there!! 😊

[1 Comment](#)

WI!!

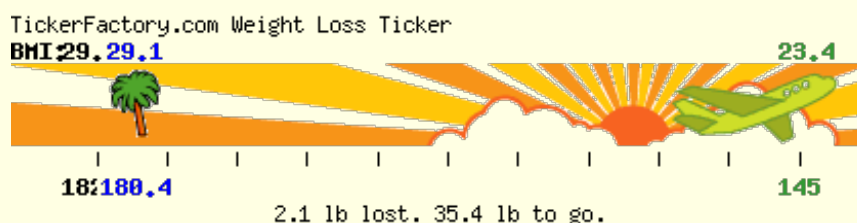
July 13, 2007 at 6:04 am ([Uncategorized](#))

Alright, not much time... We're taking the kids to Dutch Wonderland today (more of a toddler sized amusement park). So, I've got to go get everyone dressed, packed & ready to go!! Should be lots of fun- I'll post some pictures later (and I'll even TRY to jump in a few today!) 😊

So, here's my WI for this week!! <u>-2.8!!!</u> I can't believe it!!! With the exception of my TOM week (which I still lost during!!) I

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have lost 2+ lbs for the past 4/5 weeks!!! (ok, one week was 1.9...but still!!) I haven't had numbers like that in a long time! And since BC has been done for a while now, I think the only thing I can attribute it to is adding those extra points in. (I switched my activity level from standing to walking & it added 2 daily points) I am soooooo thrilled!!! 😊



Alright, I've really got to get going!! Be back with updates later!! HAVE A WONDERFUL DAY EVERYONE!!! 😊

4 Comments

I think I lied.... on the LOW side & a confession

July 11, 2007 at 12:30 pm (Uncategorized)

Alright, I've been pretty busy the past few days. I have been keeping track of what I ate, just not posting it. The past two days I did stay within my points & have been playing volleyball the past two nights as well. So, b/c I've been busy I've got some catching up to do with things I've wanted to tell you all!! (hence the long wordy title!) 😊

Let's start with the confession- you may notice (or probably not...) that my flex points have almost disappeared even though I just told you that I've stayed within my points. That is because if you look back at Saturday night's menu, you will see a planned Ben & Jerry's splurge. I PLANNED to eat 1/2 of the pint, but I didn't.... I should have scooped 1/2 into my coffee mug & shoved the rest into the very back of the freezer, but it was too hard to scoop & so I just ate it out of the carton instead- all of it. 😞 Ice cream is my weakness- always has been, always will be. I know I can't just cold turkey give it up. I have been able to cut back on it in a HUGE way- like 3-4 nights a week or more to "real" ice cream once or twice a month. If it's not "real" I'll have the 1pt Breyers (made w/ splenda) or a McD's cone (ice milk).

But, that brings me to the LOW side.... and the main reason why I love the WW program so much. Because I can have an oops or plan to "splurge" & still lose weight!! This morning when I got on the scale it said **144!!!** The low side of the 140's!! Of course it's unofficial until Friday, but I'm so excited!! I think I'm going to make another ticker to count off the last 10 lbs!!

Which brings me to my lies! I think that I must have lied about my weight in high school. I have been going through my closet & weeding out clothes left & right. So, today I decided to try on the things that I know were from high school & the other smallest things I could find in my closet. THEY ALL FIT!! Not just that I could get them on, but wouldn't wear them out of the house, they really fit- like they should!! That makes me think that there was NO WAY I weighed 135 in HS. I must have been like 138 or 139 and just rounded down to keep myself in the 130's. So, I am still going to try to lose the last 10 or so lbs, but I think it will put me lower than I ever was.... we'll see. I think it would bother me to change my goal to where I'm at- kind of anti-climactic & I'd feel like I'd not stuck with it & gave up or something

ridiculous like that. I don't know. I think I'll just go for it & if it's too skinny or too hard to maintain, then I'll just come back up to 140. Did that make sense?? I hope so... I'll keep you updated & my hubby promised to take some pictures for me tonight, so I'll get them up really soon too!! 😊 D

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1.5 serv rigatoni	6	8.5
“chunky sauce” (almost entirely veggies)	1	7.5
1 serv bread w/ butter	3.5	4
cocoa crispies w/ skim milk (chocolate craving...)	4	0
Totals		
Day 6 in Week - Weekly Points Remaining: 7.5		
10 oz. Water ✓		
~~~~~Daily Activity Log~~~~~		
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## You're AWESOME!!

July 11, 2007 at 9:39 am (Uncategorized)

Just wanted to post a quick & loud **THANK YOU** to all of you who've posted such wonderful & encouraging comments about BC graduation or my measurements (or anything else lol!) You guys are awesome & are definitely part of what keeps me going!! I'll be back later to post for the day & catch up- HAVE A WONDERFUL DAY!!! 😊 D

## I'm coming, I'm coming!!! Here it is... Graduation Day DETAILS!! :oD

July 9, 2007 at 10:54 pm (Uncategorized)

Alright guys, sorry about that! Yes, you were patient- thank you!! 😊 D I was playing volleyball- a sub (unfortunately) on a co-ed quads grass team. We had lots of fun & I was really happy with how I played & got in a great workout too! I see such a huge difference in my play- it's so much more fun- and more and more people ask me to sub or be on their team! 😊 D

Anyway... that's not what tonight's post is supposed to be about- I promise I wasn't trying to tease you more!! So, Graduation... Let me start by saying that at the start of class, I made it one of my goals (among other things) to be chosen as the Honor Graduate of the class. There were also several other awards given for Most Disciplined, Motivation, & Heart, but the Honor Grad is the cream of the crop- has all of those things, always gives a stellar performance, motivates others - all around, best of the best. So, he starts by having all of the veterans stand in a semi-circle at attention behind him. He had all of the new recruits stand in a line facing him with all of our friends and family behind them looking on. So, he talks for a while about all kinds of things- finding your motivation, positive thinking, continuing on... good stuff! 😊 D Then, he begins the graduation ceremony for the new recruits- calls their names, they receive a certificate & their dogtags. Then he moves on to the moment we've all been anticipating. Who's going to get the awards?? (Wouldn't it be so mean of me to say I'm too tired to finish.....??? LOL!! j/k- I won't!!! Sorry, just had to throw that in there!) Anywho.... He begins with the Most Dedicated. "This award goes to..... Jynell!" To be totally honest with you, I was a bit upset. I was excited & honored to be given the award, but I knew that I didn't get the Honor Grad that I'd wanted. But, I stepped forward, and stood in front of him as he read.

"Jynell's unwavering discipline can be seen in her consistent attendance, diligent blogging and recording of progress, her constant striving to breach all obstacles, physical or mental. You can get a look at discipline by merely looking into her eyes. A testament to her staying the course, Jynell has appreciated impressive health outcomes in the form of weight and inches lost. It is often hard to make the right choices in life and stay the course to salubriousness. Jynell, however, demonstrates how sweet victory can be after making those sacrifices. What Jynell has put in, she has gotten out!"

In the moment, I didn't really catch all of what he'd said, but as I read & re-read my certificate, the words sank in & I have to say, they mean a **tremendous** amount to me. Dr. Drill is not a person to say nice things just to fill space & I have so much respect for him- it really, truly means a lot to me to know that he felt I deserved that honor. So, I fall back in and he announces the second award- Most Motivating- which goes to my sister, Joslyn. You can ALWAYS hear her- counting, encouraging- always. She got this award for last BC too! Next is for Heart & it goes to one of my friends, Barb. Apparently, unknown to any of us, Dr. Drill included she has a MAJOR shoulder condition- a torn something that had been let go so long that the muscle actually retracted & the Dr.'s don't know if they can fully fix it. She has basically made it through all of Boot Camp using 3 limbs! AND, when she told Dr. Drill before class one morning, he told her that she needed to stop the class & try to recover. She told him "no way!" and got back in line. She's an amazing woman!



After that, it was time for the Honor Grad to be named. At this point, I'm thinking... who?? WHO?? And then I knew- before he announced it, I knew that "Coop " had to be the one. Of all the people in the class, I look up to her. She pushes hard- always. She always gives 110% & is always encouraging- to everyone. When Dr. Drill verified my suspicion, I felt totally at ease. I knew that someone who deserved it more than me had gotten it & I was really happy for her. Besides that, now I have even more motivation for next session! 😊 ) Seriously, I want it.

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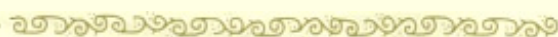
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